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Camping

Letters to the Editor

Congratulations! You have done it again and I find myself continually impressed with the constantly improving quality of the Canadian Camping magazine. I am looking forward to the many fine issues in the new year.

One comment - why are the holes missing? It used to be so nice to be able to bind the magazines together, it made it easier to use different issues as reference material and it made it more possible for all camp staff to share with the reading. Any chance this can continue? You produce a valuable instrument - one that should be used to improve camping on a continuous path.

Congratulations again!

Hal Hannaford
Toronto

Hopefully, you should still be able to "bind the magazine together" by creating your own holes. We did not want to deprive you or any other reader, for that matter, of the pleasure of creating your own "opening or hollow place in a solid body" as Oxford so aptly defines a "hole". Perhaps there is major psychological significance to your odd query: "closure" in a physical and psychological sense would be destroyed if we created our own holes - it might, indeed, connote ambiguity, carelessness or open-endedness. One might also assume that we've riddled our own publication with holes, destroying our aesthetic appearance, which might obviously be perceived as a manifestation of our own death wish, or Thanatos, as Freud would say. We certainly don't want to self-destruct!

However, there would also be a very pragmatic problem if we pursued your course of thinking: would we ask Ottawa to inflict upon Canadian Camping a 3-hole or 4-hole punch? This could lead to a debate in the House of Commons of far greater proportions than "Coalgate", (possibility) followed by a Senate sub-committee into an investigation of the relative merits of punching holes into Canadian Camping. Perhaps we could have a two-year feasibility study on the merits of:

(a) three holes
(b) four holes
(c) no holes

Quite possibly the Gallup investigators could be hired to do our work for us and we could have a "gallup hole" on what the majority of Canadians who read Canadian Camping think about our dilemma.

In order to assure you that we've taken immediate action, we shall forward your comments to Señor Smoke - Mr. Aurelio Lopez. When we hear back from Mr. Lopez, we would ask that you, Mr. Hannaford, chair a sub-committee consisting of yourself, Ray Bowers, Tammy and Aurelio Lopez.

One last point - I shudder to think of raising the volatile issue of: would we "hole it" in metric or not??

Thank you very much for your concerns! Are you a "three-holer"?

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EDITORIAL

BEAUTY ... AT WHAT PRICE?

A beautiful singer. A beautiful face. Wealthy. 32 years old. Over 80,000,000 albums sold. Teen idol of millions. Three Grammy Awards. Clean-cut image. DEAD: ANOREXIA NERVOSA.

Karen Carpenter's death at 32 years of age is only the latest (and perhaps dramatic) example of what can happen when a person's internal perception of beauty no longer matches the external reality. Countless remarks will be made to the effect that "she had everything going for her". But by whose standards and whose values? She thought she was fat; she thought she was ugly; she probably had little or no self-confidence! As Dr. Leo Buscaglia stated in his closing of the International Camping Congress: "You will never be beautiful until you believe you are." What a truism which bears repeating over and over again! Beauty, unfortunately, is seen as a cultural variable that is massively bombarding our senses from every angle of media - television, movies, records, billboards, newspapers, and magazine advertising. The "product as saviour" phenomenon is very powerful: just buy this product, kid, and you'll be happy, successful, "in" and LOVED! According to Dr. Erich Fromm, this causes considerable emotional turmoil, particularly at the subconscious levels of brain function. He states: "advertising operates primarily on fear... the fear of not looking right, smelling right, tasting right, being too fat, too thin... but beyond all this is the most pervasive fear of all... the fear of not being loved. Love, then, becomes dependant on a gadget..." i.e. if you purchase this product you will be lovable and loved! Nowhere in advertising or in the media are people flawed - we therefore perceive our world through illusion. Many advertisers have said that people don't consciously believe those claims; they understand it's a gimmick only. Dr. Fromm insists that's only partially correct... "at a conscious level, of course you know you won't be happy, successful or loved just by purchasing this product BUT NOTAT THE SUBCONSCIOUS LEVEL."

It is imperative in our work with young people that we give them the survival tools of coping with our hedonistic, youth-oriented and materialistic world; the single most important survival skill is: TO LOVE THYSELF. It is so important to grow up feeling good about yourself, acquiring a sense of confidence, autonomy and esteem. Do you realize how much self-confidence a person must have to non-conform, to go against the flow, to be different? We are bombarded by images of "perfection" in the media and we all strive to become "10's" - knowing full well that we'll never quite measure up. Imagine! We're all failures with regard to physical beauty and perfection. Almost all men and women are dissatisfied with themselves physically and it just verifies how successful the advertising industry has become in making everyone feel inadequate. Do you know that 85% of North Americans would prefer to be someone OTHER THAN THEMSELVES? That's repulsive! As Buscaglia says: "Your body is important only because it's a vehicle that carries what is essential about you." Take care of it, therefore, only as vehicle - but don't linger on it, be obsessed by it, worried over it, neurotic over its lack of perfection, ashamed by wrinkles and imperfect parts, and afraid of its naturalness. Cultivate what's inside - the real you, the essential you, the part that Karen Carpenter couldn't find and the part that money or products can't buy! The integrity of the human soul, the human spirit, the uniqueness and internal beauty of each human person - cultivate the "inner you", the real you, the essential you and you will never ever want to be someone else.

This is an important lesson for us but it's even more important for our campers to understand that they'll never escape themselves. All of the powers of healing and all of the powers of feeling are within each human person. We are our own survival guides, health guides, therapy guides and beauty guides! It's impossible to ever escape oneself; as Arthur Miller wrote in After The Fall: "I think it's a mistake to ever look for hope outside of yourself. One day the house smells of fresh bread and the next of smoke and blood. One day you faint because the gardener cut his finger and the next you're climbing over corpses of children bombed in a subway. What hope can there be if that is so? I tried to die near the end of the war. The same dream returned to me each night until I dared not to go to sleep and I grew ill. I dreamed I had a child, and even in the dream I saw that the child was my life - and it was an idiot - and I ran away from it, but it always kept climbing to my lap and clutching at my clothes until I thought ... if I could kiss it ... whatever in it that was my own ... perhaps I could sleep again. And I bent to its broken face and it was horrible, but I kissed it. I think one must finally take one's own life into one's arms and kiss it."

Take your life in your hands and kiss it and go on from there. Embrace yourself and your life ... an inexpensive pricetag for beauty, genuine beauty!

Editorial Policy

Jay Haddad, Editor

The ideas expressed in the Editorial are those of the Editorial Committee and not necessarily those of the Canadian Camping Association/Association des Camps du Canada. The views are expressed to provide stimulation and comment. We invite you to respond in "Letters to the Editor" to Canadian Camping, 1806 Avenue Road, Suite 2, Toronto, Ontario M5M 3Z1.

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EDITORIAL

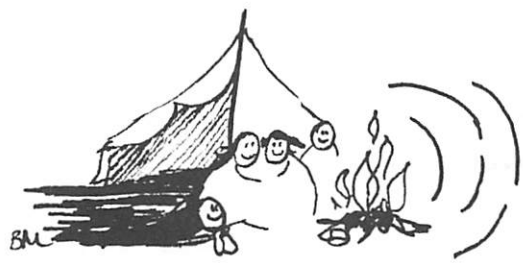
ÊTRE BELLE MAIS ... À QUEL PRIX?

32 ans, riche, jolie, rayonnante, talentueuse, 80 000 000 microsillons de vendus, récipiendaire de 3 trophées Grammy, idole de milliers de personnes. MORTE! Diagnostic: ANOREXIE.

La mort de Karen Carpenter à 32 ans n'est que le dernier exemple de ce qui peut advenir quand notre conception de la beauté physique ne correspond plus à la réalité. Combien de fois entendrez-vous dire: "Elle avait tout pour elle". Selon le sens des valeurs et les critères de qui? Elle se voyait grosse, elle se trouvait laide. Sans doute n'avait-elle pas ou très peu confiance en elle. A la clôture du Congrès International des camps, le Dr Léo Buscaglia a fait cette réflexion: "Vous ne serez jamais beau à moins de le croire". Voilà bien une vérité qui mérite d'être répétée à qui veut l'entendre. Malheureusement, la beauté est perçue comme une variable culturelle que manipulent abusivement et qu'imposent à tous nos sens la télévision, le cinéma, l'industrie du disque, la réclame des panneaux d'affichage, les magazines et les journaux. Le phénomène du "produit miracle" est tout-puissant. Achetez telle chose et vous serez heureux, vous réussirez, vous serez à la mode, ou mieux, vous serez aimé. Selon le Dr Erick Fromm, ce phénomène ébranle le système émotif, tout particulièrement au niveau du subconscient. Il signale que la publicité est axée sur la crainte: celle ne pas être bien, de ne pas sentir bon, d'être trop gros ou trop maigre. Or dans ce labyrinthe de l'inconscient se cache une crainte encore pire. . . celle de ne pas être aimé. L'amour ne tient donc qu'à une "bébelle". Procurez-vous tel produit et vous serez chéri et adoré. La publicité ne présente jamais de personnes vilaines physiquement. Notre monde est donc perçu à travers un tissu d'illusions. Nombre de promoteurs avançent que les gens ne croient pas consciemment en la publicité et savent qu'il s'agit de "bobards". Le Dr Fromm souligne que ce n'est là qu'une demi-vérité. "Au niveau réfléchi les gens comprennent que le produit ne peut rien leur apporter mais il en est tout autre au niveau de l'inconscient".

Il importe d'apprendre aux jeunes à manier les outils qui leur permettront de s'épanouir dans un monde matérialiste et hédoniste où, il faut surtout se garder de vieillir. Le meilleur outil est encore celui qui sert à façonner l'amour de soi. Il est important de grandir en se sentant bien dans sa peau, d'acquérir la confiance en soi, l'autonomie et l'estime de sa personne. Réalisez-vous le degré de confiance en soi que doit posséder une personne pour se distinguer du troupeau? Etre différente? Les mass-média nous bombardent psychologiquement avec leurs modèles de perfection et nous nous attachons à devenir un "Numéro 10" en sachant fort bien que nous n'y parviendrons jamais. Voyez-moi ça. Nous sommes tous des échecs, physiquement. Presque tous les hommes et toutes les femmes se plaignent de leur apparence. Voilà la preuve du pouvoir persuasif de la publicité et de ses méfaits. Nous sommes tous convaincus que nous avons quelque chose "qui cloche". Saviez-vous que 85% des Nord-Américains souhaiteraient être quelqu'un d'autre? C'est ignoble. Comme le dit Buscaglia: Votre corps est important parce qu'il transporte l'essentiel à votre sujet". Prenez-en soin tel d'un véhicule sans y attacher plus d'importance. Ne soyez pas obsédé, soucieux, névrosé parce qu'il n'est pas parfait. N'ayez pas honte de vos rides et de vos défauts physiques, n'ayez pas peur du naturel de votre corps. Cultivez ce qui est à l'intérieur, le vrai vous, ce qui vous caractérise . . cette partie que Karen Carpenter ne pouvait trouver, celle que ni argent ni produits peuvent acheter. La grandeur d'âme, l'esprit, le caractère unique, la beauté intrinsèque de chaque être humain. Cultivez votre beauté intérieure, et votre personnalité et vous ne voudrez jamais plus être quelqu'un d'autre.

La mort de Karen nous a appris une leçon importante mais il est encore plus important que nos campeurs comprennent qu'ils ne pourront jamais s'évader d'eux-mêmes. Les pouvoirs de guérir et de vibrer sont inhérents à chaque être humain. Nous portons à l'intérieur de nous la force qui nous pousse à vivre, à demeurer en santé, à guérir et à être beau. On ne peut échapper à son être. Arthur Miller a écrit dans son livre "Après la chute": "Je pense que c'est faire erreur que de chercher de l'aide à l'extérieur de soi". Un jour une odeur de pain chaud parfume la maison, le lendemain, c'est une senteur de fumée et de sang qui s'y répand. Un jour vous vous évanouissez parce que le jardinier s'est coupé au doigt, le lendemain vous passez sur des corps d'enfants sinistrés par bombardement. Quel espoir reste-il si telle est la vie? J'ai voulu mourir vers la fin de la guerre. Chaque soir le même rêve me troublait jusqu'à ce que je décide de ne plus dormir. Je suis tombé malade. Je rêvais d'un enfant idiot - et même là je voyais que c'était ma vie - puis je tentais de m'enfuir pour l'éviter. Mais voilà qu'il s'agrippait à mes vêtements et montait sur mes genoux. J'ai pensé que si je le baisais, peu importe quelle partie de mon être il représentait, je retrouverais peut-être le sommeil. Je me suis penché vers son visage hideux et dans mon effroi je l'ai baisé. Je crois que chacun doit finalement prendre sa vie dans ses bras et l'embrasser. Baisez la vôtre puis repartez de là. Vous aimer, aimer votre vie, c'est payer peu cher pour la vraie beauté.



Beth Moon

INTERVIEW

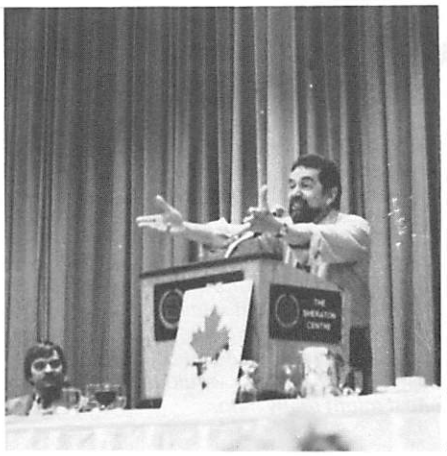
by: Jay Haddad

As practically everyone in Canada knows who had some knowledge of the International Camping Congress, Dr. Leo Buscaglia was the closing banquet speaker. As practically everyone in North America knows, THREE books of his have simultaneously been perched atop the New York Times bestseller list - **Love, Living Loving and Learning,** and **The Fall of Freddie the Leaf.** Every camper should have "Freddie" read to him/her this summer, every counsellor should feel the confidence of Love in his/her back pocket and every Director could wisely heed the prompting to risk through Living, Loving and Learning.

Ten years ago I heard an audio cassette tape through Bruce Harris at Camp Kawabi - I'll never forget the powerful, dynamic voice that turned out to be Felice Leonardo Buscaglia. I finally traced the talk to a video-taped speech made at the University of Wisconsin (Stout) entitled "Love - the Most Powerful Force in Education Today". Humber College bought the video-tape for me in 1974 (we've since acquired about ten others) and every student I taught was exposed to this man's message - the power of which had taken me to Los Angeles to meet him and attend class with him in 1977 at the University of Southern California. In the cold of January 27, 1983, it was fun reminiscing about those earlier days. I was picturing Leo, John Latimer and myself, on our second bottle of wine deep in the heart of L.A. at Lawrey's Prime Rib . . "Air Canada flight 790 has arrived from Los Angeles, passengers will be proceeding to gate B". Large as life, tanned, he stood at the luggage carousel - when his eyes met mine, he lit up. With arms outstretched he approached the glass barrier and stood for ten seconds studying my face. He raised his index finger and lipped the word "soon" and returned to pick up his suitcase.

A long, warm embrace was followed by frequent "Hello, Leo", "Welcome to Toronto, Dr. Buscaglia", "Look, there's Dr. Hug", from passersby as we made our way to the car.

I asked him about the terrible rains in California - as usual, the response was beautiful as it was philosophical: "Oh, my Lord, we're sinking in California but you know what's beautiful? Adversity brings people together and it's magical! Not that I would wish misfortune on anyone for a minute, but I wish everyone could have the experience of having all his material and worldly goods destroyed and have to start all over again from scratch. What a healthy lesson! It would be like the people in Cambodia who lose *everything* yearly to the monsoons - no matter, they begin the process of rebuilding but it shows that what is important is how the human spirit grows and not material gain."



Bruce Francisco

In the car we discussed the research for his new book, Loving Relationships. He had just written six pages on the plane on the chapter on "honesty". In response to his question as to the most important variable holding people together, I guessed "affection, warmth". "No", he said, "that's number three". Honesty? "That's number two. Number one is COMMUNICATION - the ability to relate, understand and share. And do you know where sex fits in? Number fourteen!"

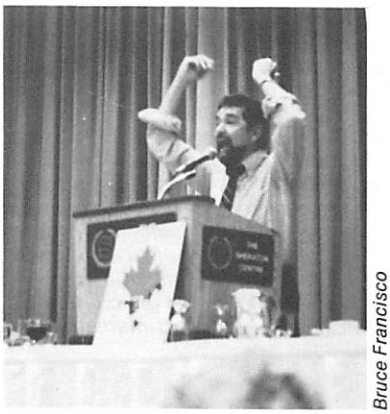
There were six of us sitting around a beautiful table at Bangkok Garden and Leo was centre stage. Due to his years of travelling that had taken him to Thailand, he was comfortable ordering the fish, satays, shrimp balls, spring rolls, ginger chicken and so on. "I remember staying with my family in Thailand. Each night as the fish would be served, the head and tail were always placed in front of me. I envied everyone else picking the meat off the body; after a while I asked if I, too, could have some meat from the body - everyone cheered as they pulled the head and tail away from me. You see, as their honoured guest I was served the delicacy - the head and the tail". It sure shows we can't make assumptions about other people and their way of doing things using our "learned" value system. Their way is learned, too! Having had a nap prior to dinner, Buscaglia continued: "Not only Thailand, but I think every country in the world has some sort of siesta time or rest time to break up the day - except North America! We should take a lesson from other countries - I'm sure the human body was never meant to rise at 7:00 a.m. and continue for sixteen or seventeen uninterrupted hours until sleep at midnight. That's crazy!"

It's a good thing that Leo gets his rest; not simply because of his quintuple bypass heart surgery last year but because of the tremendous energy expenditure of his on-stage performance. He is electric when he walks to the microphone to a standing ovation of 3,000 people - he urges, laughs, mimics, bobs, weaves, sweats and undresses! Buscaglia is not himself, until his jacket is off, his tie loosened and his sleeves rolled up: "Encounter yourself . . . be your own idol . . . get in touch with your madness . . . avoid zealots . . try love . . . never expect and you'll never be disappointed . . . free yourself of labels and their tyranny . . . be spontaneous . . . love is always open arms, always . . . you really do matter . . enjoy the moment because the only reality is NOW . . . an educator teaches best by being a model . . don't wait . . . let me hug you . . ." And hug you he does! Surrounded by thousands after every lecture, this diminuitive "Gandhi-like" figure patiently embraces everyone with the same sincerity and intensity. The message is always the same ("because I am always addressing people. When I speak to the American Medical Association, I am speaking to human beings, not surgeons") in its beauty and simplicity ("I detest educators who hide behind jargon and can therefore never communicate effectively").

From a family of eleven children and a mama and papa, he constantly stresses the importance of family life. "You know", he says quietly before departing, as he stares at me and my mother, sisters, brother, brother-in-law, niece and nephews, "all my sisters and brothers never moved farther than a 12 mile radius from mama and papa's house in Los Angeles. Isn't that incredible? In a society with increased mobility and opportunity, my family always stayed together. I remember one time when my brother-in-law was offered a glorious increase in money and responsibility but it meant having to move to San Francisco - my sister told him that if he took the job he'd be going ALONE. He stayed . . . and in the end happily, too!"

There are some beautiful anecdotes and stories in all his books about his family. "And interestingly, when my older brother read a few of my books, he said: 'You know, Leo, I didn't see mama and papa that way' and the more I thought about that, I realized how right he was. Mama and papa were different people when they raised me than when they raised my brother - they were 20 years older, wiser, more relaxed and so on! We often hold our parents to sameness, forgetting that they are constantly growing and changing too."

Driving back out to the airport after three days which seemed like three minutes, we were chatting about "bonding", the studies of Harlow and Spitz and Bowlby and Helbrugge



Bruce Francisco

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THE CAMPING ADVISOR

Perhaps you can give a suggestion or two to a yearly problem; in pre-camp there is a lot of important information that we (the Directors) must impart to our staff, especially to our new staff. However, many of the returning staff have a "here we go again" attitude as many feel they've heard it all before – and some have for 5 or 6 years! How does one give sessions on waterfront safety, emergency procedures, camper problems, camp philosophy etc. to all the staff when their motivation levels are so different? I am considering having our experienced staff members arrive at camp later but am wondering if that could adversely affect staff morale?

M.C, Montréal, Québec

You have certainly presented a problem, but we'd rather look upon it as an opportunity. Perhaps you could sit down one evening with a small group of staff consisting of two or three of the "old guard" and one or two of the newly-hired staff members. Throw it open to the group as to how the pre-camp routine could be challenging, exciting and different enough to accommodate all motivation levels (see Group Dynamics Exercise). You could have groups move around in teams which would be comprised of a combination of old and new staff. Change the routine - have some emergency procedures covered at 4:00 a.m. (keeping the staff unaware) when an emergency such as fire or lost camper easily could happen. A lot of Ontario camps "switch" Directors for an entire day in pre-camp in order to hear leadership sessions and philosophy from different, and sometimes neighbouring, Directors. There are a lot of government funded summer groups which could provide your staff with creative sessions on music, art, drama and acting, to name a few. These groups are almost always "free" and quite talent-laden! Many camps have a buddy system where a new staff member is contacted by an old staff member BEFORE arriving at pre-camp; this works quite well, especially if the two can get together once or twice before arriving at camp.

The variations, of course, are endless, as you can see. The only area we urge inflexibility is regarding your suggestion of having the "old guard" arrive at camp at a later date or by mixing staff teams into "new" and "old" groups. This could prove quite divisive as the morale you are trying to achieve in pre-camp far transcends skills and safety training and moves into the arena of "camp spirit" which you will need to last all summer. Mix people up, challenge them, give them an unpredictable and different programme in pre-camp – and use your staff to plan the programme as they will then have a vested interest in making it great! Good luck!

* * *

Can you suggest a method of winter storage for our piano at camp?

C.S., Mississauga, Ontario

Several camps leave their pianos in unheated buildings over the winter. Normally, you should cover the piano with a tarp and leave the bottom open so it remains ventilated. You might also try hanging a light bulb in the open back of the piano to keep it dry and warm. The cost of the electricity would be relatively low and it might really help.

* * *

Last month I noticed a CCA/ACC member camp certificate on the wall of another camp's office. Our camp joined our provincial camping association last fall, but we didn't receive any certificate. How can we get one?

S.S., Calgary, Alberta

Each province orders the CCA/ACC member camp certificates from the National Office. There is one for camps accredited by the provincial standards committee and another for member camps who are not accredited. Once the camp receives the member camp certificate, the CCA/ACC forwards the "year stickers" to all the provincial presidents. These are sent to each camp to keep the certificate up to date.

Contact your Provincial President for further details.

* * *

Every year we try to recruit good staff by advertising at colleges and universities throughout the Maritimes. When I send letters inviting applicants to attend an interview in my city, there are often many students who don't show up at the interviews. Do you have any suggestions on why this happens or how to solve the problem?

M.W., Halifax, Nova Scotia

When you schedule interviews, you might try to use the student manpower offices on campus to hold your interviews. In late winter, most students are very low on funds, so they may not be able to afford the bus or train fare to your city for the interview. It's annoying that these applicants don't send you a note to withdraw their application; if you make it easy for them to be interviewed on campus, I'm certain you would have more success.

* * *

As a counsellor in a camp with many other counsellors, our Director's habits of "favouritism" is a very frequent topic of discussion and conversation. Many of us feel it is unprofessional for a Director to have favourites while others feel it is natural and "human". What is your opinion?

J.C., Kingston, Ontario

It is undoubtedly natural and "human", as you put it, to have favourites. To play favourites, though, is unprofessional!

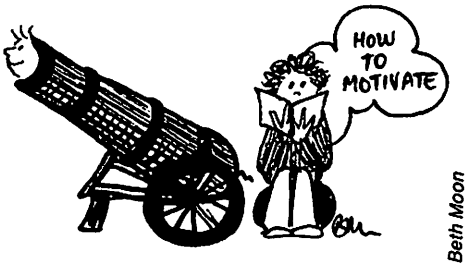
In other words, the Director as a human being will naturally gravitate toward certain individuals who complement his personality – it could be a Section Head, counsellor or kitchen staff who befriends or is befriended by the Director. No problem there.

The problem arises when the "favourite" gets privileges (in fact) or is perceived to be getting privileges by the rest of the staff and this will undoubtedly create friction and animosity. We've seen it happen where the "favourite" gets to use camp vehicles when others cannot or is allowed to come back to camp later from time off without recourse or punishment. This is negative and destructive but beyond that, the Director will eventually lose the staff's respect and the "favourite" will be somewhat ostracized. A good way of handling this tense situation is for someone close to the Director to speak with him and someone close to the "favourite" to speak with him. The probability of resolution, though, is very low!

However, if by "favourite" you mean someone is closer to the Director than others, this can be very positive. A Director needs a confidante, a friend, someone to "blow off steam" with or have a drink with. As long as there is fair and equal treatment in the Director-Staff role involvement, most staff are understanding and accepting of this kind of closeness or friendship bond that develops between two human beings.

It's a delicate and sometimes precarious situation for a Director, no question about that; also, the "favourite" is not always a person to be envied, as most of us know!

* * *



Beth Moon

Thank you for your letters. We regret that we cannot answer each one personally; however, we will endeavour to publish the most interesting and provocative ones. Address all letters to: The Camping Advisor, c/o The Editor, Canadian Camping, 1806 Avenue Road, Suite 2, Toronto, Ontario M5M 3Z1.

President's Perspective

by: Jocelyn Palm

The International Camping Congress was a huge success. We salute the Congress Committee for their foresight, hard work and determination to offer an event that would bring camping people lots to think about in future. The Steering Committee, chaired by John Latimer, watched three years of effort come to fruition January 26-29, 1983. Each of us is inspired in some way as a result of being with other camping leaders and the '83 Congress has given us a boost into the preparations that camping people enjoy at this time of year.

Thursday, April 14th. This is National Camping Day and every camping person is urged to join in the celebrations. At the Promotion and Publicity Workshops January 24-26, 1983, Committee Chairman, Marnie Ellis, gave each province lots of ideas and suggestions in order to focus public attention on camping. Every province should take advantage of the opportunity to tell the public about the benefits of a camping experience. Encourage your campers to share their enthusiasm and to wear their camp shirts, hats or jackets, or some identification of their camp on this special day. National Camping Day is not a new idea. Conceived in the 1960's, there have been similar efforts over the years. The B.C. Camping Association spawned the t-shirt day and for several years B.C. campers have worn their camp t-shirts on that special day. The idea was endorsed by all provinces at a Halifax meeting in 1981 and the Publicity and Promotion Committee are now keen that this be an annual Canadian event.

Each province sent delegates to the Standards and Education Workshops, also held prior to the January '83 Congress. Brian Law

chaired the Standards event and Dorothy Walter the Education Workshop. Thank you chairpeople, and thank you delegates for your input.

Because of our support from Fitness Canada, many delegates were able to attend the CCA Workshops and the International Camping Congress. We acknowledge this support and appreciate the various CCA projects which are enhanced by Fitness Canada assistance.

Awards & Certificates Presented!

AWARD OF HONOUR

Brian Blackstock received the Canadian Camping Association's Award of Honour at the International Camping Congress last January. Brian is a long-time member of the Ontario Camping Association and is Owner/Director of Camp Mazinaw. The CCA Award of Honour was bestowed as a tribute to Brian's consistent efforts as Editor of **Canadian Camping** from 1977 to 1981. Brian also contributes to the camping movement as a Board Member and Past President of the Society of Camp Directors.

CERTIFICATE OF APPRECIATION

Derek Walsh was awarded the CCA Certificate of Appreciation at the reception prior to the Congress Banquet last January 29th. This award reflects the gratitude of the CCA for Derek's contribution as a Past President of the former English Section - Québec Camping Association, in addition to his work as Chairman of the CCA Public Relations and Promotion Committee and Vice President of the national association from 1974-1981. Most recently Derek completed a feasibility study on a proposed magazine.

John Eberhard received the CCA Certificate of Appreciation from the President at a recent meeting of the Canadian Recreational Canoeing Association held in conjunction with the Congress. John is a friend to camping both as Past President of the CRCA but also through his volunteer work as the Chairman of the Easter Seal Society Camp Chairmen's Council. John contributed his time as a lawyer to pursue the CCA's application for charitable status through the national Department of Revenue.

INTERVIEW continued

and Heath and so many others who have long proven that touch deprivation causes actual brain damage which, in turn, can cause humans to withdraw (autism) or become aggressive (atavism). Touch is not simply good for us, it is necessary and critical for our physical and psychological development. "Do you know what drives me crazy?" Leo asks rhetorically, "after a lecture when I'm hugging a beautiful lady sixty-five years old and, almost tearfully, she whispers: 'this is the first time in seventeen years since my husband died that anyone has touched me'." And now Buscaglia's eyes moisten: "You know, I want to scream! I want to say to society: WHAT ARE WE DOING!!?? Schweitzer was so right when he said: 'We are so much together and yet we are all dying of loneliness'. And it doesn't have to be that way if we're willing to touch, reach out, re-learn and re-discover the child in each and everyone of us."

Doug Caldwell

Memorable Experiences Leading Towards Spiritual Growth

by: W.E. (Ted) Yard

WILLIAM EDWARD (TED) YARD

It is with deep regret that we report the death on January 3, 1983 of W.E. (Ted) Yard. Born in Vancouver, B.C., in 1919, he received a B.A. degree from the University of British Columbia and an M.S. from George Williams College in Chicago. Ted served the YMCA from 1942, in Vancouver, Toronto and Sault Ste. Marie until he bought his own Camp Hollyburn in 1967.

He was well-known in the Yand camping circles, particularly during his tenure as Director of Toronto's Camp Pinecrest in the '50s and early '60s. One of Canada's foremost leaders in the camping field, he served as President of the Ontario Camping Association from 1949 to 1951 and of the Canadian Camping Association from 1953 to 1955, and was recognized throughout North America. Ted was also on the staff of Seneca College.

Ted leaves his wife Shirley and children Judy, Jack, Ted and Tony. Shirley can be contacted at P.O. Box 99, Rosseau, Ontario, P0C 1J0.

A memorial service was held at Camp Hollyburn, Rosseau, Ontario, on January 15th.

We felt that the most appropriate tribute to Ted would be to repeat an article of his that appeared years ago in Canadian Camping. As you will see, this article captures Ted's philosophy on life, the outdoors & camping . . . but especially, his love of the campers.

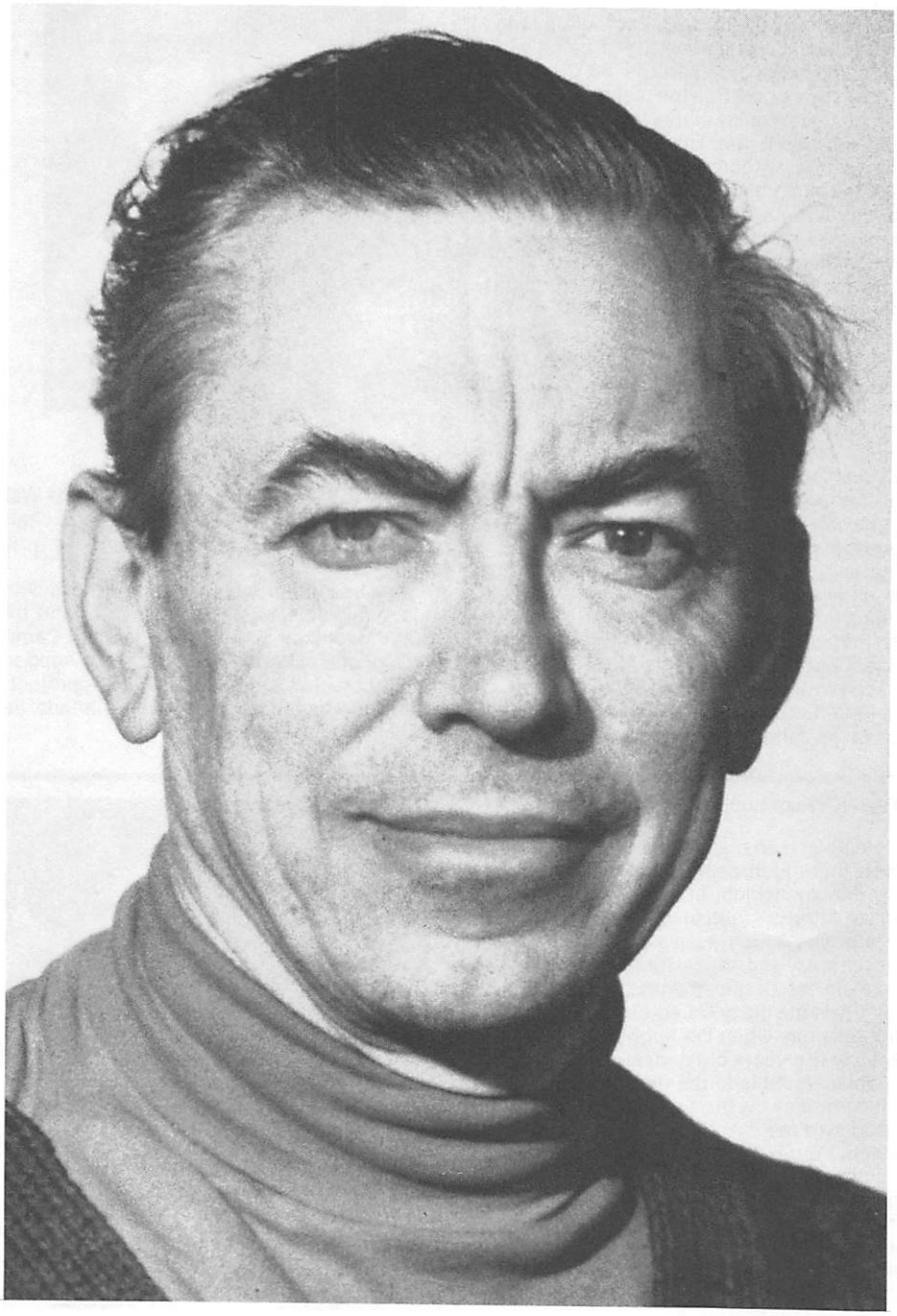
Perhaps you had slipped away for a short paddle in the breathtaking stillness of a summer evening. Dreamily you were carried by the effortless rhythm of your paddle and the tinkling music at your bow until suddenly you held! . . . There before you on a rocky point a hushed throng of over a hundred children were sitting . . . listening, and watching. They were listening to music that you, too, could hear . . . though you had no idea where it came from; and suddenly you realized that they were watching the sunset, which, seen from their vantage point, provided a constantly changing panorama in the direction from which you had come.

The music faded, and a spokesman whose calm clear voice seemed somehow to harmonize with everything about the place, suggested that those who so wished might share with all their friends their most vivid memory of the past two weeks at camp. There was no prompting; there had been no preparation.

One after another the children rose to say "I remember . . ." . . . Or perhaps you came upon another spot on another such evening, and heard the spokesman at the Voyageur-Lumberman ceremony saying:

"Let us pause for a moment, and viewing the truly beautiful shades of our Muskoka evening, let us this day drink deep of the beauty in lake and sky and stately pine. Let us cherish the deep friendships discovered at this spot; may they give deeper meaning to lives already dedicated to helpful, purposeful ends."

There was a pause, and then you saw the lumberman . . . clad in high boots, mackinaw shirt, and peak cap. With an axe on his capable shoulders he strode quietly along the shoreline to take his place against a giant pine . . . silhouetted in the sunset.



"It is the Lumberman ... craftsman, pioneer, conservationist ... he is a living symbol of Canada's great forest lands. He is, too, an integral part of the lore and tradition of this place we call our camp."

Another pause, and then a canoe skimmed into silhouette. The paddler in buckskin coat and tasselled toque, skillfully set his craft ashore, and took his place opposite the Lumberman.

"It is the Voyageur ... explorer, adventurer, master of his craft, he looks to new horizons ... for he, too, is Canada.... and in this beautiful setting he travels with the greatest Sternsman of all time."

You saw how logical it all was ... You saw the rest of the ceremony; and when the fire was lit and the songs began, you quietly slipped away.

.. Perhaps, (it would have had to be by invitation), you were privileged to visit a solemn campfire induction ceremony. You heard the young inductees accept the Pine as a symbol of Strength and Fortitude...

..."for, as the Pine roots cling to the crevices of solid Muskoka rock to hold firm in all weather, so will we hold firm to the principles of good living that we have learned in our homes, and at our camp."

You heard them accept the Pine as a symbol of Personal Growth...

..."for, as the Pine strives ever upward toward a clear, fresh sky, so will we strive in our personal lives to reach a higher level of faith, understanding, and brotherly love."

You heard them accept the Pine as a symbol of Purity...

..."for, as the stately Pine draws its life from the fresh Northern air, from the nourishing soil and from the clear waters of our spring-fed lake, so will we draw ours from the clean speech, clean sportsmanship, and clear minds of those whom we respect and love."

You felt that this was a truly memorable experience for them ... and for you

On still another occasion, you may have seen a lad step forward and drop a huge stone in the mirror-like lake. You followed the widening circles and were surprised to see a young boy rise:

"Our widening friendship circles take us to Poland, my homeland." ... In a few well chosen words this boy made Poland and her people seem our neighbours. So it was with a boy from Holland, with others from Greece, Estonia, Scotland ... even Australia.

You felt that there was brotherhood in this place ... real brotherhood!

It may be that you were present when a camper presented a stone at the Sunday morning service.

"We brought this stone from the Blackstone Lake, the destination on our canoe trip. The word we have painted on the stone is TEAM-WORK, because it seemed to fit the spirit of our trip."

Somehow you *knew* that it had been a good trip!

These glimpses you may have caught were intended to be in complete harmony with a philosophy of working with children at camp, towards the greatest possible enrichment of the life of each one.

Discussions of real life problems as related to camp situations, evening cabin "quiet times", morning watch, experiences in antiphonal singing, short skits or plays "with a purpose", ... even Taps, the "Friendship Circle", and "Abide With Me" ... all are related to this grouping of events which is sometimes referred to as the "more formal" part of a total child-centred program.

Inherent in any basic educational philosophy there will doubtless be an appreciation for the need of self-expression, for decision making, for a greater appreciation of others; and all these needs must be observed if we plan to do a consequential work. Our staff must thoroughly understand the goals, and they must possess such skills and insights that they can effectively play the role of "guides" along this unpredictable trail.

The so-called "formal" events need not deviate from the genuine consistency of approach so essential to the achievement of goals in any field. There should be a place for camper participation in the very earliest stages of development, as well as in the final presentation of the event. Skilled leadership will ensure that the laws of learning are carefully observed so that a memorable experience may, in addition, be one which broadens understanding and deepens insights.

Spiritual wealth has been described as that accumulated reserve which makes creative living possile. It is a reserve built of confidence ... confidence in a Creator, confidence in a world of Nature, and confidence in one's self. Inspiration may play a significant role in the development of the confidence, and it may well be that the camp staff has a definite responsibility to capitalize on its unparalleled opportunity for creating these truly meaningful "Memorable Experiences".

Creativity ... through Crafts at Camp

by: Brenda Carr, Camp Ouareau

Creativity is a gift liberally bestowed on young children. Brimming with curiosity about the world around them, all youngsters have wonderfully imaginative ways of expressing their feelings and ideas.

This is creativity: the desire to express oneself, the capacity to be curious and inventive. Where does this talent come from and where, too often, does it go? Why is it that not all children retain their natural spark of originality and joy in self-expression? The answer isn't too hard to find. Young children aim to please. They tend to drop from their repertoire the kind of behaviour which isn't approved of, and to retain and improve upon the skills and gifts which call forth praise.

To encourage a child's creativity, look around you, be aware of the beauty of a sunset, a landscape, the sea; share those responses with a child. Share too, your curiosity and dreams. Share your experiences and love to stimulate children's creativity.

Provide children with supplies and space needed to work on simple craft projects ... crayons, paints, paper, scissors, paste. Children love to work with these. Just give a child a smock to wear and a corner to work in where spills and clutter don't matter - let him or her go to it. The important thing to remember is that a child should feel free to experiment and create to his heart's content, with knowing approval. Praise their efforts, display their work, but let them know you are proud.

I feel there are five main points to remember in arts and crafts:

1) arouse their curiosity and interest in projects
2) provide a good work area
3) guide but don't push
4) be generous with praise
5) have a goal for each project.

To capture interest, one must sound as if the project will be fun. Let them share in preparation, setting up their corner, picking materials. Encourage their friends to join them. Be relaxed and unconcerned about spills and stains to keep everything going happily. All this should be in an area where preferably unfinished projects can be left undisturbed.

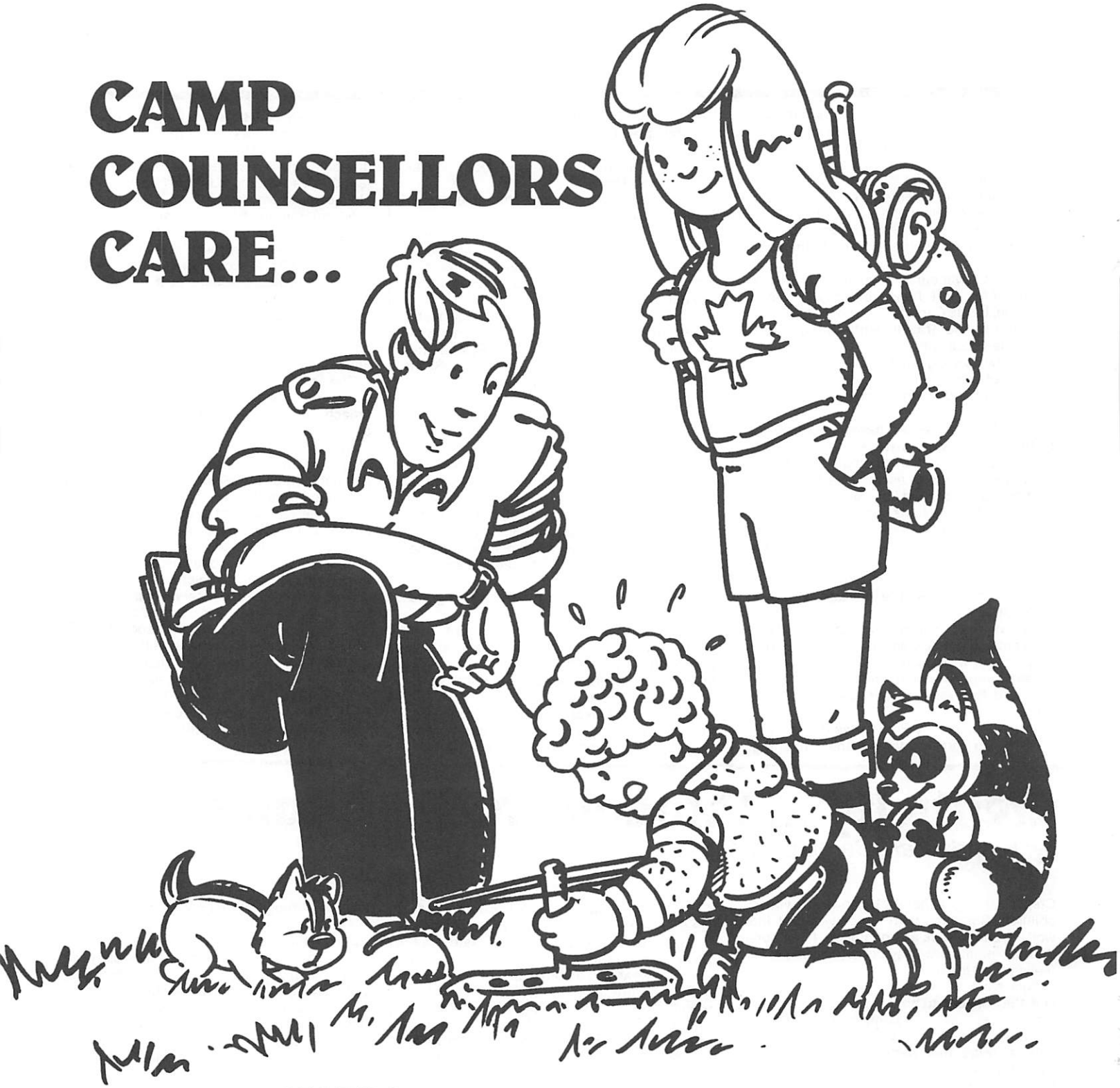
Encourage but don't push as children don't have the manual skill or attention span that adults do. Show them what to do if they ask for help but don't take over yourself - that will only discourage children.

Be generous with praise. Nothing uplifts or encourages a child more. The smile on their faces won't be forgotten easily.

Have a goal for the finished project - display, gift etc. is important in maintaining a child's enthusiasm.

Don't expect any child to be an artist, but do expect and hope that they will grow up to be the kind of people who are creative in living, in their responses to people, to things and the world about them.

CAMP COUNSELLORS CARE...



NATIONAL CAMPING DAY

The Canadian Camping Association invites you to participate and support organized camping in Canada.

NATIONAL CAMPING DAY

by: Marnie Ellis, P.R. & Promotion Chairperson

As a result of the CCA Task Force and the original five-year plan, the CCA Executive and Board have been working on this project for the last 18 months. The result of this work was the pre-Congress workshop held in Toronto on January 25 and 26,1983. Representatives from the nine member provinces were in attendance to learn more about promotion of the Canadian Camping Association, the provincial associations and the camping movement, as a whole.

The second day of the workshop was about National Camping Day. Each of the delegates was then encouraged to return to his or her own province, and share the information with the other Directors.

National Camping Day was chosen as April 14 by the Board of CCA at its meeting last May in Saskatoon. The rationale included the length of time between the pre-Congress workshop and that day, enough to be able to let all Directors know; and the time of year - still early enough that the publicity would benefit the majority of camps doing their registration.

The long-term goal of National Camping Day is to educate the public about camps in Canada, and to spotlight ourselves enough to get a fund-raising commitment so that CCA can expand its services to its member camps. Plans for National Camping Day, 1984 are already underway as a result of the pre-Congress workshop, and you will hear more about it in the next issue.

There were 18 delegates at the workshop. This is an enormous project for such a small core group. All CCA Board members are also on the team to bring National Camping Day about.

National Camping Day 1983 is just a seed for a much bigger endeavour. An annual event such as this can be of real importance and assistance to every camper and staff in this country. This year we may not be able to make every person aware of our programs, but we can certainly touch some new people, and if we do this well, each year that comes, it will be a little easier. Next year we may have placements at McDonalds for a week, the following we may have financial support from a national company. These are dreams, but where would any of us be without them? Together, we can accomplish almost anything.

So, come on, join the team. Make something happen

NATIONAL CAMPING DAY IS FOR YOU!

POEM

A MAN FOR EVERY WOMAN

For every woman who is tired of acting weak when she knows she is strong, there is a man who is tired of appearing strong when he feels vulnerable;

For every woman who is tired of acting dumb, there is a man who is burdened with the constant expectation of "knowing everything";

For every woman who is tired of being called "an emotional female", there is a man who is denied the right to weep and to be gentle;

For every woman who is called unfeminine when she competes, there is a man for whom competition is the only way to prove his masculinity;

For every woman who is tired of being a sex object, there is a man who must worry about his potency;

For every woman who feels "tied down" by her children, there is a man who is denied the full pleasure of shared parenthood;

For every woman who is denied meaningful employment or equal pay, there is a man who must bear full financial responsibility for another human being;

For every woman who was not taught the intricacies of an automobile, there is a man who was not taught the satisfaction of cooking;

For every woman who takes a step toward her own liberation, there is a man who finds the way to freedom has been made a little easier.

Anonymous

COMING SOON

CIT MANUAL

- A PRACTICAL MANUAL FOR COUNSELLOR-IN-TRAINING PROGRAMS.
- WITH HANDY INSTRUCTOR INSERT NOTES.
- AVAILABLE MAY 1st,1983.
- PLAN TO USE THIS VALUABLE GUIDE FOR YOUR CIT PROGRAM.

Published by

canadian camping association
association des camps du canada

Thanks for the Memories

The first International Camping Congress was held at the Sheraton Centre in Toronto last January 26-28, 1983. Over 1000 delegates from around the world - Japan, England, New Zealand, United States, Australia, Norway and Canada participated in over 90 sessions offered.

I was very fortunate to be a part of this delegation - a first in the universal camping world and a first for Canada. There were 16 of us from Saskatchewan. Through a $5000.00 travel grant from Sask. Sport, 15 Saskatchewan Camping Association members were able to go. One person went on his own.

The effort put forth by those heading up this event was superb! It was four years in the planning stages.

A dream had come true for me Wednesday evening (Jan. 26) at 8:00 pm when Sir Edmund Hillary - the first person ever to scale Mt. Everest, gave the Keynote Address on "Camping is for Everyone". He is so full of energy. I shook his hand and gave him a Saskatchewan souvenir pin.

The next three days were filled with multitude of different sessions and you had to pick out the sessions you wanted to attend. The speakers for all sessions were top notch from around the world.

The first session I attended was "Insurance: Protect Your Assets", headed up by two representatives from a large insurance company in Toronto.

The second one was on "Legal Liability of Organized Camps and Youth Operations" and included an overview of legal concepts and their implications; aspects of supervision; conducting activities - such as high adventure programs with risk management and environmental conditions by Betty van der Smissen, from Bowling Green, Ohio. This was super.

The third session was "Good Grief" - about dealing with death at camp. Either a camper has recently experienced it in their home or a death occurs at home while the camper is at camp or, a death happens at camp. This session was excellent and the speaker was John Saynor, a former camp director who is now an undertaker in Toronto.

Fourthly was "Camper Safety and the Law", dwelling on legal responsibility for camper injury, common areas of litigation and appropriate preventative measures, and run by Dr. Robert E. Wilkinson, from McGill University, Montreal. This was super as well.

The fifth one was on "Communicating Christian Values in Camp", presented by Dave Loewen from Winnipeg. He discussed what Christian values are and why camps are well suited to communicate them; the counsellor's role and administrative aspects of communicating Christian values. This was really good.

The sixth session I chose was "Sunship Earth" by Steve Van Matre, from Illinois. This was an excellent presentation on awareness of our planet earth and our relationship with the earth.

Bill March, from Calgary, the leader for the Canadian Everest team was in attendance and gave a session on their recent ascent on Mt. Everest - fantastic!

Thursday, (Jan. 27) morning, after breakfast we were entertained by comedian Dave Broadfoot. He was great.

Friday, (Jan. 28) morning, the guest speaker after breakfast was Dr. Alec Dickson, from England. He spoke on "Camping and Caring: Crossing New Frontiers". This was really good.

The whole event was so friendly, warm and hospitable. The speakers would mix and visit with us "novices". Sir Edmund acted just like another camper. There were no levels of personal achievement when it came to visiting.

I was talking to a man from Texas and he couldn't believe how cold it was when I left home Wed. Jan. 26 morning (-25°F). And, while in the elevator two men were talking and they were from Alabama and I said "Just keep talking, I love the way you guys speak!" And the one guy turned and said, "We don't speak ma'am, we talk!".

In summary, the whole event was a Super Success. It just went so fast. The theme for the Congress was "Together We Are Stronger" and we realized how true this was.

At the closing banquet Saturday (Jan. 29) night, there were 1100 delegates, plus a head table. After a slide presentation on "The Universal Child" by Jay Haddad and Doug Caldwell, the keynote speaker was Dr. Leo F. Buscaglia, from California - a dynamic person who spoke on "Coming Together in Love from I and Me to Us and We". This was just a super ending to such a fantastic week.

The next International Camping Congress is planned for 1987 in Washington, D.C.

It was quite emotional at the end, saying good-bye to so many new and close friends, knowing I would never see them again nor experience this same atmosphere ever again.

I truly appreciate the Saskatchewan Camping Association for choosing me to attend on their behalf. I have gained so much!

Thanks also to the Canadian Camping Association and to John Latimer's Congress Steering Committee for making this dream come true.

Joan Scott
Chairman
United Church Camps
Saskatchewan

SPRING CLEANING TIME

by: Mary Casey, R.N.

Perhaps you did it last September but if not, now is the time to clean out the medication cupboard at camp. Each year we should, in consultation with our medical staff, literally clear the shelves as well as purge the inventory of unwanted medications. It is easy to get in a rut and re-order the same supplies year after year. We all have our pet remedies but have we looked at them with a scientific eye and questioned why we use them?

The types of oral medications required at camp are not numerous. The old motto, "Keep it Simple", is a good one. The following categories are suggested:

- analgesics for pain
- antihistamines for allergic reactions
- antitussives for coughs
- decongestants for colds
- laxatives for constipation.

It is a good principle to use household remedies as often as possible since these are usually effective and always less costly. For example, sore throats are well treated with regular salt-water gargles and hard candy. Small hard candies avoid the expense of lozenges. In addition, some brands of lozenges contain an anesthetic ingredient with a name ending with the letters "caine". These should be avoided since the use of such an ingredient may cause future reaction to novaccaine used by the dentist or the surgeon. Upset stomachs are well treated with a dry cracker and/or a small amount of milk. The problem usually does not call for an antiacid and can often be traced to tension. Antiacids contain mineral compounds that are undesirable for children; some antiacids contain combinations of compounds that actually cause irritation of the stomach lining. When purchasing cough syrups and decongestants try to obtain "one remedy" brands. They are not easy to find but their use avoids overdosing, during a cold, with excessive antihistamines or decongestants.

Just a word about aspirin seems called for here. Concern about the use of the aspirin (acetylsalicylic acid), an analgesic, has been expressed in the media recently. It seems that some victims of the disease called Reye's Syndrome in U.S.A. had been given aspirin during a preceding fever, influenza or chickenpox. The relationship has not been established but, even so, Dr. James C. Fallis, the Director of the Emergency Medical Services at Toronto's Hospital for Sick Children and longtime camp physician sends the following statement:

> **Current knowledge suggests that acetaminophen is probably the antipyretic (fever reducer) of choice for stocking a camp infirmary. Care should be taken to use the correct dose.**

Thus aspirin is still suggested to handle headache, earache, toothache and menstrual pain **where there is no fever.** The alternaive, acetaminophen, is suggested for the treatment of fever.

Back to your housecleaning. If in doubt, throw it out. Look over your medications and check for expiry dates, broken packages, cracked bottles, remedies with duplicate action and look for those that are unnecessary because home remedies work as well. Dispose of medications that are not recommended in current medical practice.

The reason for such a detailed inspection of the medications is, of course, mainly in the interest of safety. Old medications can lose their effectiveness or the properties of their compounds can alter, over time. Liquids may evaporate leaving an excess of one element which could be harmful when ingested. Broken containers allow dust and dirt to accumulate in the ointment or tablets. As well as concern for safety, we are trying to teach good health practices at camp and so we should demonstrate the fact that it is not advisable or necessary to take a pill or potion for every discomfort. Some of the physical ailments at camp are caused by relationship difficulties or fears and we can show campers and staff how a few minutes of meaningful conversation can ease many problems.

When used, medications and treatments should be as simple as possible. Close supervision and yearly evaluations can assure such simplicity. Now is the time to review your medical inventory while the medical consultants have time and before supplies must be ordered. Be ruthless in your examination of those old favourites. Spring cleaning time is now!

Camp Music Idea

by: Marjorie Booth
Executive Director

"Thank You Lord" has been sung for years as a chapel hymn or grace in many Canadian Camps. Recently, we used this beautiful song as Grace for our Closing Banquet at the International Camping Congress.

This song was featured as the youth hymn for our Scout-Guide Church Service to honour Lord & Lady Baden-Powell, on the annual "Thinking Day", February 22nd. The second verse was new to us, so *Canadian Camping* is happy to share it with you now.

THANK YOU LORD

Thank you Lord on this day,
For our many good blessings;
Thank you Lord on this day,
For our many good friendships.
Glory to God
May You hear our prayer,
Guide us on forever.
Thank you Lord on this day
For our blessings & friendships.

Lord we pray as we go,
Into all of Life's promise,
That each day we may know
You are calling us onward.
Glory to God
May You hear our prayer,
Guide us on forever,
So each day we may know
You are calling us onward.

(Sung to the tune: Edelweiss)

– Anonymous

GROUP DYNAMICS EXERCISE

by: Jay Haddad

This is a mixer game - the kind of game you can use on an opening night with staff in pre-camp. John Latimer often uses these kinds of mixers at staff reunions in the city; he provided us with this "Object Contest" and this has been used at camp as well.

Several objects are placed on a table and a sheet with the 26 numbered items is given to each group. The group's task is to match the object with the numbered clue on the list. Groups of three or four are ideal; it's important to give only one piece of paper to each group to keep them in close physical proximity as they play the game.

Obviously, many variations could be made from this basic theme - you could make it much simpler for twelve year olds or you could collect all natural objects and create your own game based on a "nature" or "environment" theme.

You can impose a time limit or leave it open; it's often fun to help a group having difficulty getting untracked so circulate and mingle as the facilitator. The point of the exercise is to have fun, laugh and bring people together. If you've never played Object Contest, you'll soon discover it achieves all three objectives.

Janice de Long

OBJECT CONTEST

1. An athlete _____
2. To cover defeat _____
3. A game of hockey _____
4. Something to adore _____
5. Deer in winter _____
6. Common sense _____
7. Seen at a ball game _____
8. Bygone days _____
9. It's done in temper _____
10. A telegram _____
11. You'd do this with a sailboat _____
12. A conjunction _____
13. Your wife would love this coat _____
14. Don't make this of yourself (corny) _____
15. A disagreeable old woman _____
16. Something you do with gloves _____
17. Queel Elizabeth _____
18. A person from Finland _____
19. A couple of small pieces _____
20. A chunk of tobacco _____
21. A section of artillery _____
22. Roy Roger's dog _____
23. An inmate of a mental hospital _____
24. Mould together _____
25. To run suddenly _____
26. Strands of hair _____

Objects to place on a table (correct answer in brackets)

tumbler (1)
socks (2)
match (3)
key (4)
eggs (5)
2 pennies (6)
pitcher (7)
dated calendar (8)
stamp (9)
piece of wire (10)
tack (11)
cigarette but (12)
seal (13)
ashes (14)
bat (15)
box (16)
ruler (17)
5 dollar bill (Finn) (18)
25 cent piece (two bits) (19)
plug (20)
battery (21)
bullet (22)
nut (23)
fuse (24)
bolt (25)
lock (26)

BOOK REVIEW *by: Marnie Ellis*

LEGACY TO A CAMPER by Jocelyn Palm
A Canadian Camping Association Publication

This book is dedicated to Mary S. Edgar, who has left us a rich legacy of leadership and love; and to all of us who are involved in camping, because we have caught her dreams.

Not only is this book dedicated to us, but it is a real gift to us - a gift from both Mary Edgar and Jocelyn Palm. It's a delightful book - combining fact and fantasy; history and poetry.

From its cover, which is Glen Bernard's colours, to the title from one of Mary's own poems, to the wealth of photographs spanning fifty-two years, this book is informative, interesting and inspirational.

The author, Jocelyn Palm, is the President of the Canadian Camping Association. She is also current owner and director of Glen Bernard Camp and National Director of the Royal Life Saving Society of Canada. She worked at Glen Bernard from 1959 until 1965 and knew Miss Edgar well. It is this personal insight, as well as the input from campers Dr. Mary Northway and Maria McCollum Wilson; and former owner/directors Barbara and John Gilchrist that give this book its charm.

While covering beautifully the history of Glen Bernard Camp from 1922 to 1973, this is not just the story of one private camp in Ontario. It speaks to a greater audience than just the alumnae of GBC because it is the story of a pioneer woman of Canada - Mary S. Edgar - who followed her dream and created the first Canadian private camp for girls. It awakens in the reader the real meaning of camping and why we are still involved today.

Mary Edgar's poetry is familiar to most of us. There are selections throughout the book, emphasizing program ideas, or allowing Mary S. to tell some of her own story. The final 48 pages give thematic discussion ideas for camps, highlighted by Mary's poems.

Between the blue and gold covers, you will find a friend in Mary Edgar. A person who saw a need and met it; who loved the out-of-doors passionately; a person who led the way for those of us who find delight in play and in life. You will find historical information on camping in Canada and the foundations of the present CCA. Included are numerous ideas for camp programs you might not have tried, and some new twists on those you have.

This would be an excellent gift for those CITs who work so hard for you; for volunteers; special staff; for senior camper awards. It is a legacy of another kind, as well. All proceeds of the sale of LEGACY TO A CAMPER go to the Canadian Camping Association.

I purchased a copy of this book at the International Camping Congress and had it autographed by the author. It's a possession I will long treasure. The book is presently available through the CCA, and when Jocelyn is next in your area, I know she would sign copies for you. Do yourself a favour, and benefit from the gifts of two special people.

LEGACY TO A CAMPER © 1982 *is available from the CCA/ACC Publications Service for $7.95 plus shipping ($2.00).*

Publications New Books

NEW CAMP ADMINISTRATION
Books published by the American Camping Association, available from the CCA Bookstore.

Decentralized Camping **$14.00**
Lois Goodrich

A handbook on how to administer and program for outdoor living in small groups. All aspects are discussed: how to begin, selection of staff, pre-camp training, nutrition, the health program, preparing campers and parents, the camp program and how it affects individual campers. Shelters, buildings, budgets and maintenance are also covered. 183 p. 1982.

Project STRETCH:
Camp Administration Series
Making Effective Workshops Happen **$3.00**
Denise Robinson

The author discusses the whole range of information in workshop planning, from identifying audience needs to evaluation. Included are sections on setting goals and objectives, organizing the program, and identifying resources and barriers. To illustrate the suggested procedures an example of one type of workshop (an awareness workshop on serving disabled campers) a resource packet is also available. 10p. 1982.

Awareness Workshop Resource Packet **$5.50**

Serving persons with disabilities through camping. 37p. 1982.

Perspectives on Camp Administration **$9.00**
Elizabeth Farley, Editor

An excellent resource for the experienced camp director or one who is considering entry into the field. A collection of magazine articles from various publications and newly written materials have been compiled around specific topics: Philosophic Foundations and Considerations, Life Span Development, Administration and Organization, The Camp Program, Programs for Handicapped Campers, and a View to the Future. 125 p. 1982.

Trainer Guides
Sue Stein, Editor

Developed by Project Stretch, these four trainer guides are the result of three years of monitoring camp director education programs.

Trainer Guide:
Food Service Managerial 28p. **$3.50**

Trainer Guide: Health and
Safety Managerial 27 p. **$3.50**

Trainer Guide: Business and
Finance Managerial 32 p. **$3.50**

Trainer Guide: Site and
Facilities Managerial 29 p. **$3.50**

INTRODUCING

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THE STORY OF MARY S. EDGAR

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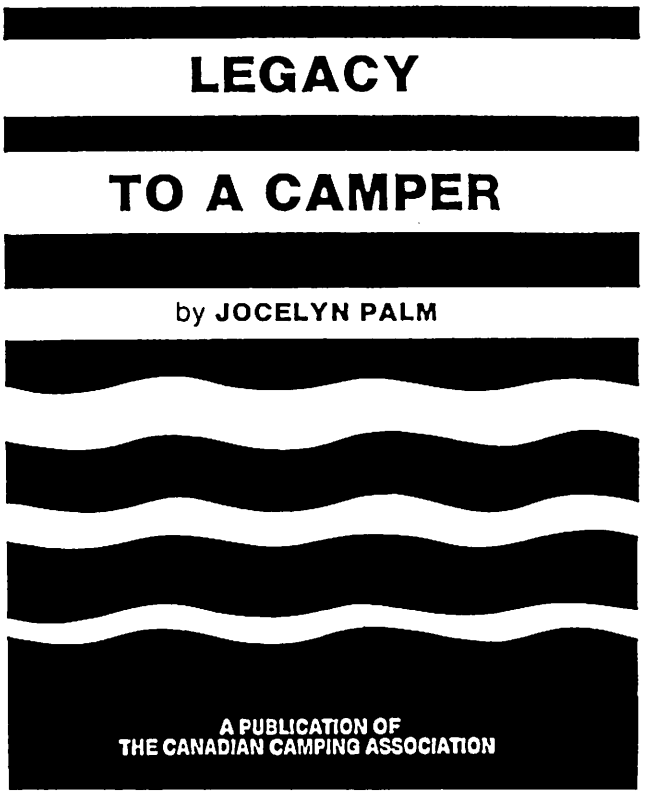

INCLUDES:

- The biography of Mary S. Edgar who was a pioneer in children's camping and a faithful supporter of the Canadian and Ontario Camping Associations; the YWCA, CGITand the Girl Guides of Canada.
- Mary S. Edgar was the author of prose and poetry for campers; 38 of her best loved verses are a part of this new book.
- Also included are a variety of themes and inspiration for campfires, quiet times and chapel programs.
- An excellent resource for camp counsellors.
- Of specific interest to those who knew Mary S. Edgar and know about Glen Bernard Camp which she founded in 1922 at Sundridge, Ontario.

ORDER FROM CCA Bookstore.

SHIPPING RATES:
$20.00 or less, order must be **Prepaid** with $2.00 included for shipping.
$20.01 - $50.00, order may be billed. Shipping rate will be $3.00.
More than $50.00 - shipping rate will be determined per order.

Dealer inquiries for bulk orders are invited. Prices on request.

Menu Feature

courtesy
Milk Marketing Board

Blender Breakfasts:

BANANA ORANGE

2½ cups	milk
2	eggs
1	medium banana, quartered
2 tbsp.	liquid honey
⅓ cup	frozen orange juice concentrate, thawed

Makes 4 cups.

PINEAPPLE GRAPEFRUIT WHIZ

2 cups	milk
2	eggs
½ cup	crushed pineapple
2 tbsp.	honey
⅓ cup	frozen grapefruit concentrate, thawed

Makes 3 cups.

STRAWBERRY FROST

2 cups	milk
2	eggs
1 cup	sliced frozen strawberries, thawed

Blend until smooth. Makes 4 cups.

Combine ingredients for each drink in blender container. Cover and blend at high speed until smooth.

Congress Photo Competition

Many delegates and even non-delegates submitted photographs to the International Camping Congress Photo Competition. The entries were terrific! After much deliberation, the following persons' photographs were selected as winners in each category.

CANADA:

Activities	1:	Daniel Vokey - The Wall
	2:	Sharon Hodgins - Camp Wanapetei - Jumpers
	3:	Peter Lorriman - Canoe Trip
Emotion	1:	David Godwin - John Bosco Camp - Mudgames
	2:	David Latimer - Camp Mazinaw - Boy with a Pack
	3:	Gail Parsons - Boy on a Rock
Nature	1:	Pamela Robbins - The Loon
	2:	David Godwin - John Rosco Camp - Sunset
	3:	Richard Shikatani - Owls

UNITED STATES:

Activities	1:	Steve Spencer - Boys Clubs of Memphis - Archer
	2:	Steve Merriman - Kiwanis Camp Wyman - Old Couple
	3:	Jessica Barest - Belvoir Terrace - Dance Shoes
Emotion	1:	Teresa Beck - Easter Seals of Wyman Colorado - Wheelchair
	2:	Lorraine Whilby - Girl Guides of Rhode Island - Flag Patrol
	3:	Boy Scouts of America - Texas - Rock Climber
Nature	1:	Boy Scouts of America - Texas - River Scene
	2:	Marcia Day - Wisconsin - Ice Flow
	3:	Lorraine Wilby - Girl Guides of Rhode Island - Girls on a Log

INTERNATIONAL:

Activities	1:	Phillip Neal - Birmingham, England - Perry Common Comp. - Boat
	2:	Jan James - Mynna Bay, Australia
Emotion	1:	Jan James
	2:	Phillip Neal
Nature	1:	Jan James - Hear the Sea
	2:	Phillip Neal - The Matterhorn

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Two original designs are included in this gift package of 6 Hasti-notes. Kate Anthony's drawings were created for campers everywhere. These blank cards are packaged with envelopes and sell for only $3.00 each. Bulk orders (over 20) for camp stores and tuck shops will be offered a discount of 10%. Bulk orders may be billed; all other orders must be pre-paid.

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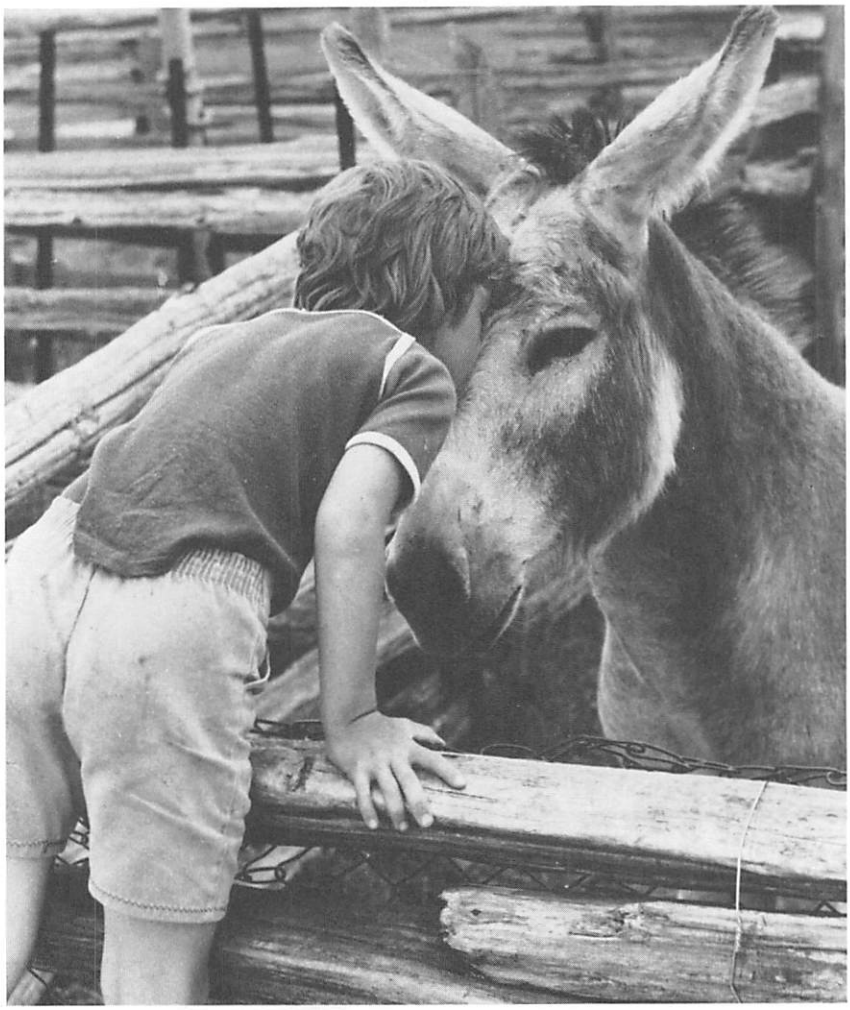

Our winning submission this issue was photographed by Alice Shogilev, Bramalea, Ontario

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ICC 3	"CAMP LEADERSHIP - THE STATE OF THE ART"	Jocelyn Palm
ICC 4	"OUTDOOR EDUCATION IN SOUTH AUSTRALIA"	Barbara Murphy
ICC 5	"DIRECTOR & THE CAMP BOARD: A CREATIVE PARTNERSHIP"	John Pearson
ICC 6	"LEGAL LIABILITY OF ORGANIZED CAMPS & YOUTH ORGANIZATIONS"	Betty van der Smissen
ICC 6A	"LEGAL LIABILITY OF ORGANIZED CAMPS . . ." (continued)	
ICC 8	"IMPERATIVES FOR YOUTH WORK IN THE 80's"	John Wilkinson
ICC 9	"THE VISUAL ENVIRONMENT"	Greg Copeland
ICC 10	"THIRD WORLD CAMPING"	Peter Bentley
ICC 11	"CAMPING & CARING: CROSSING NEW FRONTIERS"	Dr. Alec Dickson
ICC 12	"CAMPING WITH PERSONS WITH A DISABILITY"	T. Burkhalter, B. Law
ICC 13	"THE UNDERPRIVILEGED: FROM CAMP TO GROUP HOME"	Rev. Bob Holmes
ICC 14	"GOOD GRIEF!"	John Saynor
ICC 15	"TAPPING YOUR GREATEST NATURAL RESOURCE: YOUR STAFF"	Robert Kobielish
ICC 15A	"TAPPING YOUR GREATEST NATURAL RESOURCE: . . ." (continued)	
ICC 16	"YOUR STAFF DESERVE GOOD SUPERVISION"	Barry Lowes
ICC 17	"YOUR STAFF DESERVE . . ." (continued)	
ICC 18	"NON-THREATENING EVALUATION - ALMOST!"	M.L. Roberts, Wm. Alexander
ICC 20	"WILDERNESS MEDICINE"	Dr. Karl Hartwick
ICC 21	"CAMPER SAFETY AND THE LAW"	Dr. R.E. Wilkinson
ICC 22	"CULTS: A THREAT TO CAMPERS AND STAFF"	Ian Haworth
ICC 24	"POWER & PERSPECTIVES - PROGRAMMING FOR GENERIC SKILLS"	Ken Low
ICC 25	"ADVENTURE & CHALLENGE PROGRAMMING"	Bill Bresnahan
ICC 26	"THE NATURE & NURTURE OF CAMP COMMUNITY BUILDING"	Clifford Knapp
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